



## How You Can Get Involved

The Nutrition and Physical Activity Program invites you to join us in the fight against obesity and other chronic diseases! The Nutrition and Physical Activity Program Coalition consists of four workgroups dedicated to moving the state forward in accomplishing nutrition and physical activity specific goals and objectives that are outlined in the plan:

- Schools
- Worksites
- Communities
- Older Adults

## Contact Information

For more information or to join any of our workgroups, please contact us at:

Nutrition and Physical Activity Program  
Office of Chronic Disease Prevention and  
Nutrition Services  
150 N. 18th Avenue, Suite 310  
Phoenix, AZ 85007  
Phone: (602) 542-1886  
Fax: (602) 542-0512  
Website: [www.eatsmartgetactive.com](http://www.eatsmartgetactive.com)

## How We Can Help

The Nutrition and Physical Activity Program would be happy to collaborate with you and assist you and your organization in any way we can. Some examples of our help to others include:

- Provide periodic training related to nutrition and physical activity programming.
- Offer mini-grant funding for nutrition and physical activity interventions.
- Connect you or your organization to free or low-cost education materials related to nutrition and physical activity.
- Present at conferences and/or workshops on state-driven efforts.



**Leadership for a Healthy Arizona**

*Funding for the Nutrition and Physical Activity Program provided by the Centers for Disease Control and Prevention's Nutrition and Physical Activity Grant.*

NCPS-82\_04/06



## Nutrition and Physical Activity Program

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*Eat Smart. Get Active. Be Healthy.*





# Vision, Mission and Goals

## Vision:

To be recognized as the leader in obesity prevention in Arizona, resulting in optimal health for our citizens.

## Mission:

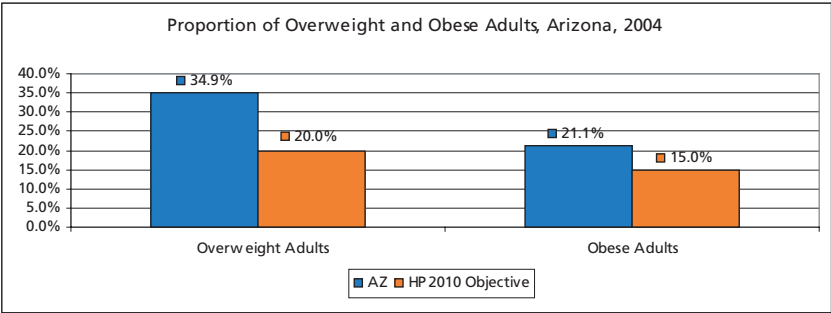
To improve the health and quality of life of Arizona residents by reducing the incidence and severity of chronic disease and obesity through physical activity and nutrition interventions.

## Goals:

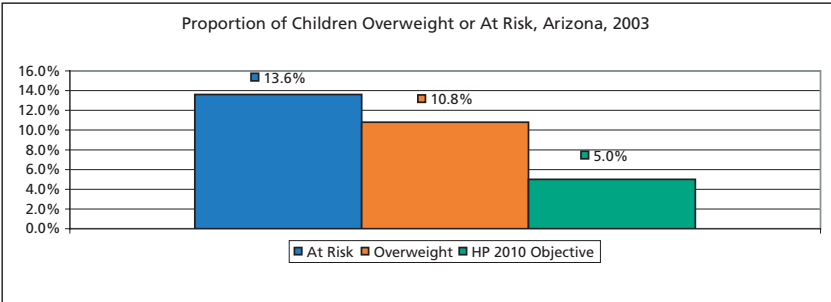
- To promote and enable the citizens of Arizona to eat smart.
- To promote and enable active lifestyles in Arizona residents.

# State of the State

Overweight and obesity have become an epidemic in Arizona, with more than one-third of its residents overweight. This has been linked to an increased risk of developing several chronic diseases, such as heart disease, cancer and diabetes. The following graphs illustrate that the percentage of Arizonans who are overweight or obese is significantly higher than the objectives established by Healthy People 2010.



Source: Arizona BRFSS, 1994-2004.



Source: Arizona YRBSS, 2003.

# What Is Being Done?

The Nutrition and Physical Activity Program (NUPA), along with other public organizations and private business, spearheaded the development of the first state nutrition and physical activity plan. More than 300 individuals and 50 organizations contributed to the development of the Arizona Nutrition and Physical Activity State Plan.

The State Plan is a document that serves as a road map to guide action in obesity prevention efforts throughout the state. The plan is a living document that reflects the collective ideas of numerous organizations involved in the planning process, including public and private stakeholders. This document promotes the coordination of efforts and improves our state's ability to deliver efficient programs and services to the public. You can download a copy of the Arizona Nutrition and Physical Activity State Plan at [www.eatsmartgetactive.com](http://www.eatsmartgetactive.com).